

Managing Diabetes

Diabetes can be a difficult to manage. We would like to provide you with the proper tools to make it easier for you to participate in your care and share information with other providers. Please use this diary to track important information regarding your diabetes and share it with all of those who care for you.

We have resources available on line at www.rfppa.com for diabetic patients. You can download information on your diabetes diagnosis, diet, and self monitoring.

If you would like additional help, we have diabetes educators who provide free services to our patients every Tuesday in our office. (Call the office to schedule.)

Blood Pressure: Often times patients with diabetes also have high blood pressure. It is important to maintain control of your Blood Pressure as well.

My Goal: _____

Date: _____ **BP Reading:** _____

Eye Exams: Diabetes can put you at risk for problems with vision including cataracts, glaucoma, or problems with your retina. You should get annual eye exams. Maintaining good control of your diabetes can help protect your vision.

Date of eye exam:

Foot Care: Diabetes can lead to decreased sensation in your feet so it is important that you should have your feet examined yearly, Discuss with your provider how to care for your feet at home.

Date of foot exam:

Cholesterol: Heart disease is a common complication of diabetes. It is important to maintain good cholesterol.

My Goals: _____ (triglycerides)

HDL: _____ **LDL:** _____ **TGL:** _____

Hemoglobin A1-C: This test gives us an idea of what your blood sugars run over about a 3 month period of time. We are able to see if your diabetes is being controlled with your current regimen of diet, exercise and medication.

My Goal: _____

Date: _____

Results: _____

Kidney Functions: Diabetes can lead to kidney disease. At least once a year we will check for protein in your urine. Elevated protein may mean that there is kidney damage.

Normal Ranges:

Microalbumin/Creatinine Ratio

<30 mg/g

Date: _____

Results: _____

Dental Visits: Have dental exams every 6 months. Elevated blood sugars can put you at risk for gum disease and infection.

Dental Visits: _____

Vaccines: Staying up to date on vaccines is important to prevent illnesses which may be more complicate dude to your diabetes. Get annual flu shots. Get a pneumonia vaccine. Stay up to date on Tetanus, Pertussis and consider the shingles vaccine .

Flu Vaccine: _____

 Pneumonia vaccine: _____
 (TdaP) Tetanus/Pertussis: _____
 Zostavax(Shingles): _____

Exercise: Physical Exercise and staying active are important to help control diabetes and other conditions such as high blood pressure and high cholesterol. Exercise helps reduce blood sugar. Talk to your provider about an appropriate amount

My Exercise Plan:

Medications

It is important to maintain a list of active medications including their strength and how often you take them. Remember to inform all physicians of medications prescribed or changed by others.

Pharmacy:

Raleigh Family Practice

Diabetes Journal

Name: _____
 Date(s): _____

Physicians

Primary Care : _____
 (919)875-0539

Endocrinologist: _____

Ophthalmologist: _____

Dentist: _____

Other Physicians:

